

**LISTING OF THE CLAIMS**

- 1-64. (Canceled)
- 5 65. (Previously Amended) A bicycle fork, comprising:  
a compression fluid chamber configured to decrease in volume during at least a  
portion of the compression of said fork;  
a lock-out valve, said lock-out valve in fluid communication with said  
compression fluid chamber, and having at least two positions; wherein:  
10 in a first position, fluid flow from said compression fluid  
chamber is substantially unrestricted by said lock-out valve, and  
in a second position, fluid flow from said compression fluid  
chamber is at least partially blocked by said lock-out valve;  
a first externally disposed on said fork, adjuster permitting external adjustment of  
15 said lock-out valve between at least said two positions;  
a blow-off valve associated with said compression fluid chamber, said blow-off  
valve allowing flow from said compression fluid chamber in response to  
the pressure in said chamber being equal to or greater than a threshold  
pressure during compression of said fork; and  
20 a second externally disposed on said fork adjuster, said second external adjuster  
permitting external adjustment of said threshold pressure;  
whereby adjustments to said threshold pressure may be made without tools.
66. (Cancelled)
- 25 67. (Cancelled)
68. (Cancelled)
- 30 69. – 71. (Cancelled).

72. (Cancelled)

73. – 74. (Cancelled)

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75. – 93 (Cancelled)

94. (Previously Presented) A bicycle fork, comprising:

10 a first fluid chamber configured to decrease in volume during at least a portion of the compression of said fork;

a first valve, said first valve in fluid communication with said first fluid chamber, and having at least two positions; wherein:

in a first position, fluid flow from said first fluid chamber is substantially unrestricted by said first valve, and

15 in a second position, fluid flow from said first fluid chamber is at least partially blocked by said first valve;

a first adjuster positioned externally of said fork, permitting external adjustment of said first valve between at least said two positions;

20 a second valve associated with said first fluid chamber, said second valve allowing fluid flow from said first fluid chamber when the pressure in said first chamber is equal to or greater than a threshold pressure; and

a second adjuster, positioned externally of said fork, said second external adjuster permitting external adjustment of said threshold pressure;

whereby adjustments to said threshold pressure may be made without tools.

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95. (Currently Amended) The fork of ~~Claims~~ Claim 94, wherein said second valve is a pressure-relief valve.

96. (Previously Presented) A bicycle fork, comprising:

30 a first fluid chamber containing damping fluid;

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a first adjustable valve, said first adjustable valve in fluid communication with said first fluid chamber;

a first adjuster, positioned externally of said fork, permitting external adjustment of said first valve to vary the degree to which said first valve allows  
5 said damping fluid to flow from said first chamber;

a second valve associated with said first fluid chamber, said second valve allowing said damping fluid to flow from said first fluid chamber when fluid pressure in said first fluid chamber is equal to or greater than a threshold pressure; and

10 a second adjuster, positioned externally of said fork, permitting external adjustment of the threshold pressure required to allow said damping fluid to flow through said second valve;

wherein external adjustments made by said second external adjuster and said first external adjuster may be made independent of each other.

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97. (Previously Presented) The fork of Claim 96, wherein said second valve further comprises a pressure-relief valve.

98. – 101. (Cancelled)